I see trees of green
Red roses too
I see them bloom
for me and you
And I think to myself
What a wonderful world

Chaazlan, you may want to try looking at the world in another way.
Right now, you might be wearing a pair of glasses with an "upset" filter.
UP
SET

Thank you.
If we face our problems with rationality and aim to improve the situation, then we are more likely to maintain calmness.
For example:

Thank you for reaching out,
I wish you all the best.

Our world is over-saturated with information.
!
LOL
NEWS
#!?@
:D
We can regain some private space by limiting the sources of these information.

# Exercise

## Stress-time routine

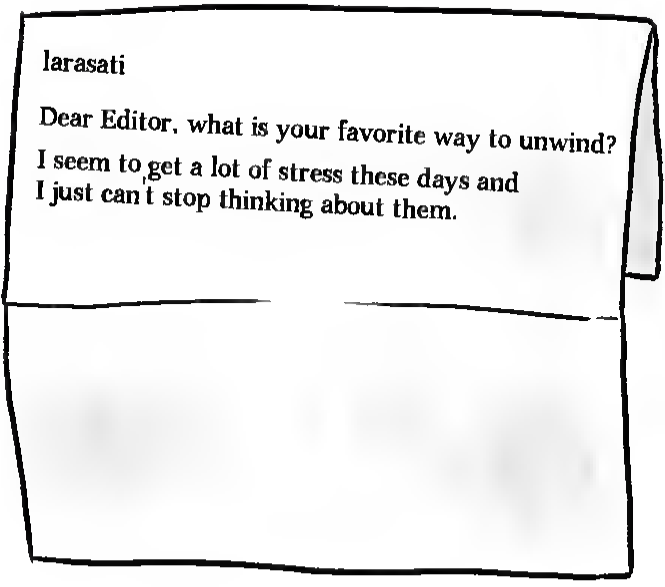
You can create a 30 minute stress-time in your daily schedule.

ONLY think about your stress in this 30 minutes, and try writing down your source of stress, how you feel, and what you can do about it.

It might help you not to think about stress all day.

Jan

Dear Master elephunk,
how do you stay happy?


larasati
Dear Editor, what is your favorite way to unwind?
I seem to get a lot of stress these days and
I just can't stop thinking about them.

Leo?
LEO!

Ajeng Kartika

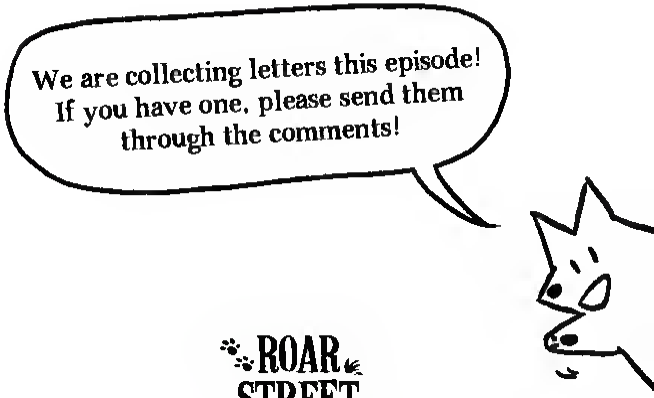
dear master elephunk, i love how you could manage your problems (and others) yet still being completely patient.

can you give us a tip for being maintainly calm whenever we face our problems? thankyou

Author's note:

I especially made this episode to answer letters asking about stress, inner peace and happiness, because I think these are important topics that other readers might also find useful.

There will be a special Easter episode next Saturday, so the next episode of "editor's column" will be on April 11. Thank you!




ROAR STREET JOURNAL

LINE Webtoon
WWW.WEBTOONS.COM

Stress is very common in our daily lives.
We all experience stress in one way or another, so the most important thing is how we choose to respond.

These are some of the letters last week.

ams

Dear master Elephunk, how can I get some inner peace?

sincerely,
Tiager's distant relative.

When you have a positive mindset, it's not difficult to stay happy.

We can always find something to appreciate in everything.
Let me put on my happy glasses...

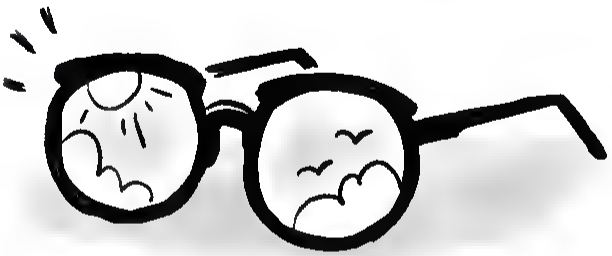
Letters about happiness

Other ways I like to unwind:

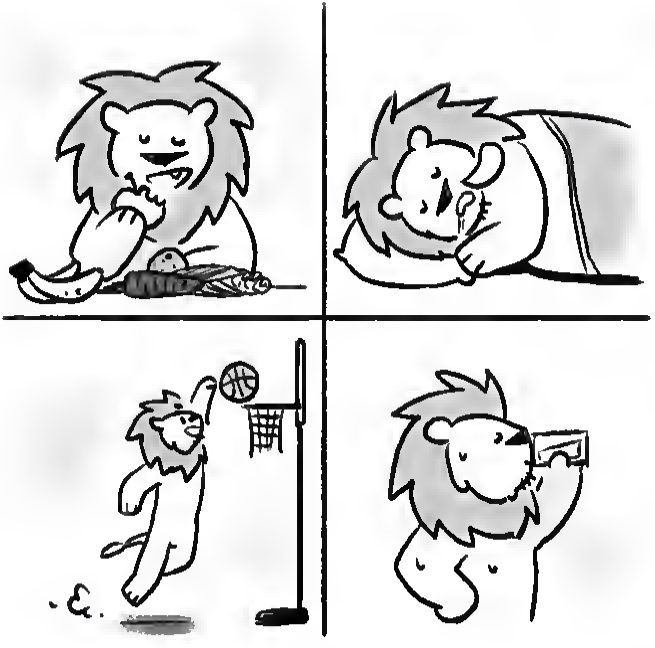
I would suggest firstly locating the source of your feeling, see if it is internal or external, then find ways to improve.
You could try to:

Improve your health

Try replacing it with an "appreciation" filter so you can focus more on the good side of things.



When everything is less upsetting, I believe you will regain motivation.



Connect with friends

There are many ways to inner peace, as I have shared previously.
If you are looking for peace from daily chores, you may want to try reducing distractions.

Emotional reaction

(This is Leo)

It might seem crazy what I'm about to say
Sunshine she's here, you can take a break
...Because I'm happy...
Clap along if you feel like a room without a roof
...Because I'm happy...

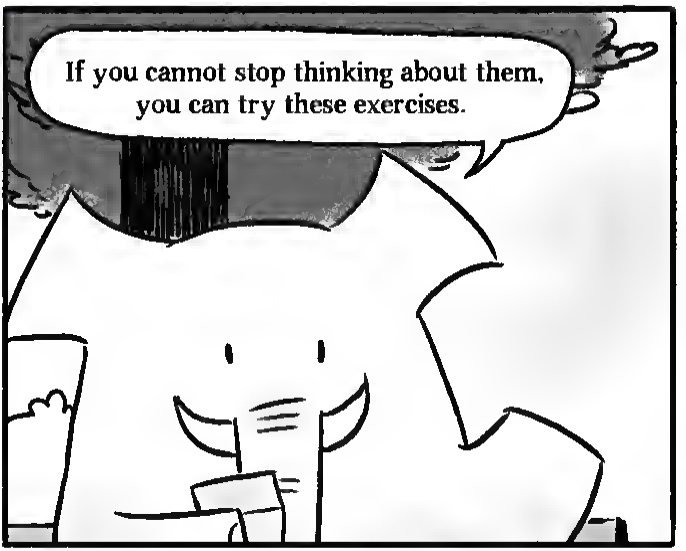
He's real happy...

All you need to do is keep practice being on the bright side.

Fangurl

Dear Editor, What are some good tips for when your feeling lost and down?

Thank you!



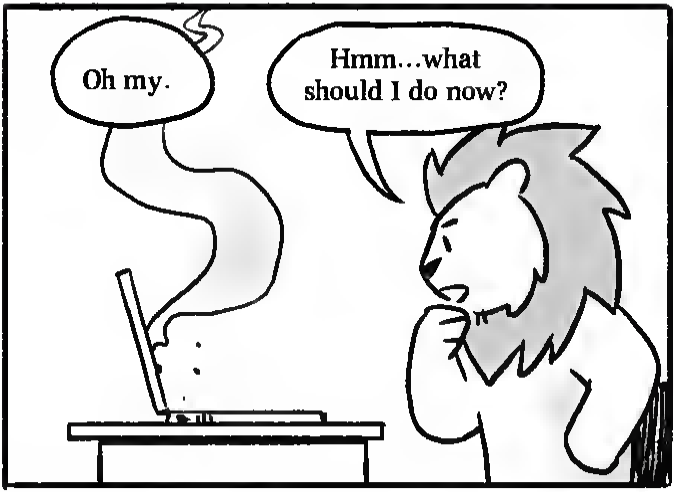
Whether diary or poems, writing can help calm your mind and relief stress.

I would suggest...

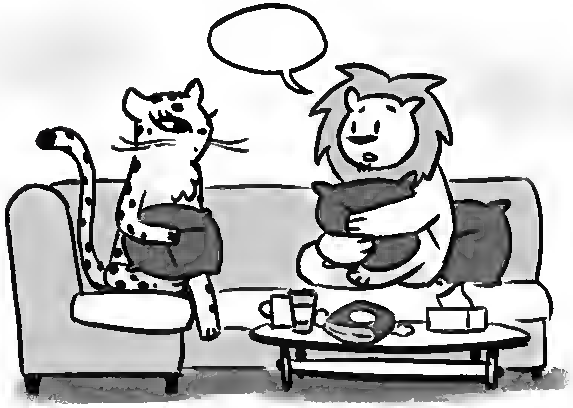
Read a good book before sleeping

Rationality and improvement

(This is usually not Leo)



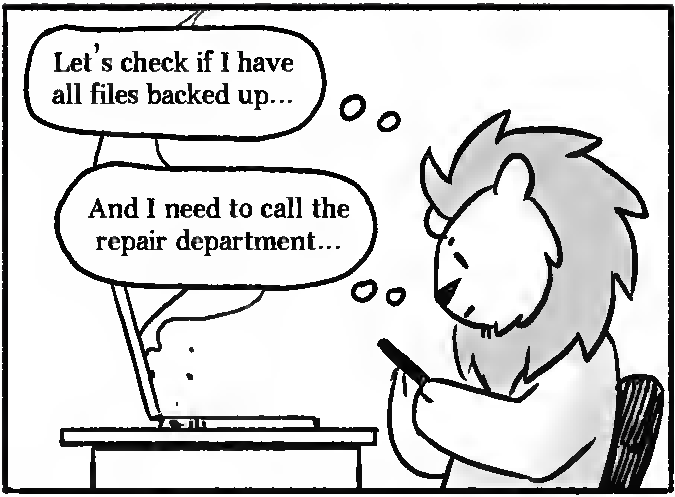
Consult about your feelings



chaazlan

Dear Master Elephunk, how to be cool and less sensitive with everything because everything upset me and i lost my motivational to see people.

Please help helpless me.


Let's check if I have all files backed up...
And I need to call the repair department...